Woman's Page

How to Fight the High Cost of Living

Garden Offsets Grocery Bill-Owners of Homes Should Set Out Fruit Trees and Raise Own Garden Truck-Housewife Should Do Her Own Sawing-Ten Commandments of Economy-Advice to Girls-Recipes.

be added. There are some farmers sion, who have to buy or do without most poses. all of these fruits. They dislike to mour of youth's first love, accepts spend the time caring for them. I him. find it a great help to us in having All this transpired in such a short our own fruits and often some to sell. space of time that naturally she hesi-

raise in our section. save a large amount over the prices courtships have strange endings charged at retail stores.

where we can save money for elves. I am always keeping ourselves. watch on prices and buy in quantities which I consider is one of our greatest helps. I do all of my own sewing and housework "OUT-OF-TOWN SUBSCRIBER"

TEN COMMANDMENTS OF ECONOMY.

1. Learn not to waste, but utilize Watch the Standard ads; it will

Buy staple goods in large quan-

Make your own bread. Do your own canning; it is better and cheaper.

6. Do your marketing in person and not by telephone. Do your marketing in person and not by telephone.

Buy only articles that are in season 8. Do not take a car when the

distance is short and you need the Strive not for unnecessary

Above all, live within your "R. H. H.

When Her Friends Find Out. The cleverest of girls sometimes makes mistakes, or at least once in a while. This is especially the case

Denver & Rio Grande **Excursions**

Round Trip Fares

CHICAGO\$56.50
ST. LOUIS 52.00
ST. PAUL 55.70
OMAHA 40.00
KANSAS CITY 40.00
DENVER 22.50
Low rates to other points.

Sale Dates May 7, 8, 10, 17, 24, 31 June 3, 7, 13, 14, 21, 28. And later dates. Good returning to Oct. 31. Electric lighted sleepers to Chicago and St. Louis. Dining Car Service

Best Anywhere. Sunday Excursions To Salt Lake \$1.00.

F. FOUTS, Agent, Reed Hotel Bldg

and resident in the last in th

AVOR

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st it.
in is reported to its resent a polyton and its resent a polyton

C. A. Henry, Tkt. Agt., Union Depot.

GRAPE JUICE

Made from the grapes that

has made the

D'UROY PORT

famous.

35c pint. 65c quart.

cBRIDE Drug Co.

Prescription Specialists. 2453 Wash. Ave.

Slade's Transfer

We have the largest van in the city. Quick service. Moving, ship-ping and handling planes. Prompt freight deliveries. Furniture moving a specialty. Storage at reason-able rates.

GARDEN OFFSETS GROCERY BILL with acquaintances which they form.
"Editor Standard Woman's Page She may be introduced to a young man
I think when one owns a home they by a casual acquaintance and become should set out pears, plums, cherries, so impressed with him then and there grapes, apples, peaches, raspberries, that she invites him to call upon her currants, picplant asparagus and if a girl is young and decidedly atstrawberries. These I consider the tractive there are few men who will most necessary but some others could not avail themselves of this permission. After a basty courtship he pro-The young girl in the gla-

Then we should raise our own garden tates in regard to telling her friends truck. We try to raise a surplus of about it. She does not like, however, She does not like, however, tomstoes or some things in the gartenstoes or some things in the garden to sell to offset some extras get married, which he urges. When
which occasionally we might want to
buy from the grocery which we cannot take kindly to this course of procedure. It does not occur to her that watch the Standard and try to he has not invited her as yet out to my coaps and sugar and some any public place of amusement. Conother things at days or special sales, sequently, few, if any, of her friends. Then twice a year we send to a local even know of their acquaintance, let wholesale house for groceries and alone a deeper attachment which they some other things on which we can have for one another. Most whiriwind is brought to a realization of this by I believe in patronizing our retail a visit to her from a very angry wom merchants, but I believe it's right to an

The upshot of the matter is that the stranger proves her claim in short order as being the legal wife of the smooth spoken stranger, who had entered her life so unceremoniously. In friend who had introduced them it was discovered that he knew next to nothing about him. The girl realizes that she has been saved, just in time, from the most bitter experien-

That which touches her heart moskeenly is what she will say to them when her friends find out. All court-ships should be open and above board. All is not well with a love affair which is carried on with concealment. Ev-ery girl should be most careful about encouraging the attentions of a man whom her friends know nothing about Loving and wedding him may be ro-mantic to her, but she takes grave chances in so doing.

man her friends will surely find it out. and was beyond all medical aid. What they don't know about him will I immediately had Rev. Wm. Berg to not be worth knowing. The girl who send for a bottle. Practically without is worth having is worth waiting for hope for recovery, I insisted that she She should not be rushed into matrimony until she has had time to sum-mer and winter a lover, as the old saying goes. He might keep up a suave appearance for long months, but, after a while, he would be sure to get sick, and is in good 1 :lth."

down to his natural gait. Or, in other (Affidavit) JOS GRIMMER. vords, he will show his true nature in i many a little word, act, or deed.

man who is uneasy lest her friends and in upbuilding the system. ind out about their courtship.

any time enjoy her society uninter-rupted. druggists. Write the Eckman Labor story, Philadelphia, Pa., for bookle

family might hesitate to inquire too closely into a prospective relative's past. But not so outsiders—friends. They are only too delighted to uncarth secrets which be thinks he has guarded so closely.

On the other hand, the man who is

honorable and worthy might, chance be hung in the wrong, as

were, by overzealous friends. It is the best plan for most every man to pursue, to take her friends into his heart and into his confidence first Then he will be spared the as Inst. rry of the thought, what will she do when her friends find out?

RECIPES.

Date Bread-One cup of white flour, two cups of entire wheat flour, one half cup of brown sugar, one tea-spoonful of salt, one teaspoonful of baking soda, one and one-half cups two cups of butof chopped dates. termilk or sour milk.

This bread is quickly made. Bak in slow oven one hour. "M. C. L." Coffee Bread-One cup milk, er one small cup sugar and one ten-spoon salt. When cool enough, put in one cup soft yeast, one well beaten egg, flour to make soft dough

When cool add two and one-half ing the words: yeast foam cakes which have been "We hope this is not a poor wid Takes from one and one-half to two cups to a baking.

Owes Her Life to Eckman's Alterative

Eckman's Alterative is being used with success in the treatment of Tuberculosis in all parts of the country. Persons who have taken it, im-proved, gained weight, exhausting night sweats stopped, fever diminish-ed, and many recovered. If you are interested to know more about it, we will put you in touch with some who are now well. You can investigate and judge for yourself. Read of Mrs. Govert's recovery:

"Gentlemen: About September 10, mother-in-law was taken sick with Catarrhal Pneumonia, which developed into Lung Trouble. In Jan. nary, when Rev. Wm Berg, of St. Michael's Church, at Schererville, Ind., prepared for her death, he rec-ommended that get Eckman's Al-terative, and see if it would not give her some relief. The attending phy-If there's anything wrong about a sician declared she had Consumption glad to say that she soon began to improve. Now, she works as hard as ever, weighs twenty pounds heavfer than she ever did before she took

(Above abbreviated; more on re-

net contain narcotics, poisons or hab-He does not like the idea, which it-forming drugs. For sale by A. R. whi

There are girls who are so unwise telling of recoveries and additional as to not investigate friendly warn evidence. (Advt.) The Story of America in Pictures Salt Lake, May 14.—John S. Cobbley, 51 years of age, a locomotive engineer, was fearfully, perhaps fatal-

The Discoverers

"Learn One Thing Every Day"

No. 3. VASCO NUNEZ BALBOA

Copyright, 1913, by The Associated Newspaper School, Inc.

All alone on a high peak in Pansma a man stood gazing westward
with glistening eyes. Spelibound be
stood, thrilled by the wonderful sight
spread out before him.—a wilderness
of forest, cut through with silvery
streams, and bounded by the watery
horizon. There before him lay the
occan, since named the Pacific, for
the sight of which he had labored
and fought so many days and nights.
Sparkling like a million precious
stones beneath the glare of the sun,
the ast, seemingly boundless sea
spread out farther than the eye could the ast seemingly boundless sea spread out farther than the eye could

"With eagle eyes Looked at each other with a wild surmise, Silent, upon a peak in Darien."



Balboa sank to his knee and gave thanks to God for the great blessing bestowed upon him of being the first civilized man to look upon this wonderful sight, then rising he called to his men, who at his command were waiting below on the mountainstale, to come up where he was and gaze upon the giorious ocean which they had

This was on September 25, 1513, when Vasco Nunez Balboa was thirty-With eagle eyes eight years old. He was born at He stared at the Pacific, and all his Xeres de los Caballeros, Spain, in 1475. Being heavily in debt at His-paniola, he escaped his creditors and joined an expedition under Martin Fernandez de Encisco by concealing himself aboutd the ship. This ex-San Sebastian in Darien; but they were shipwrecked and met hostile na. tives. Then they learned of the de-struction of the colony of San Se-bastian, and decided to found one of their own, which they called Santa Maria de la Antigua de Darien. Balboa couldn't get along with Encisco, and he set out to explore the country, discovering the Pacific, which he called the "Mar del Sur," meaning

"Sea of the South."

Later he was entired back to the colony and tried on the charge of treason. After a short trial, which ended in his conviction, Balboa and four of his companions were executed. This was in 1517. Balbos protested his innocence and loyalty to the last; but in vain.

Every day a different human intert story will appear in the Standard You can get a beautiful intaglio re production of the above picture, with

SUFFRAGIST **ARSON SQUAD**

Militants Continue to Carry Out Their Plan of Destruction - Destroy Large Residence -Trial of the Leaders in Bow Street Court

senger cars of one of the local trains running between Kingston-on-Thames and London on the Southwestern rall way, making the third outrage of this examiner has not yet been decided tablespoonful lard; heat and pour ov- kind on the same line within two

No. explosion occurred and the bombs were handed over to the police. A militant suffrage "arson squad" When light, make out in three small destroyed a large untenanted resi-loaves, pour melted butter over top, dence on the "highlands" at Sandgate-The soft yeast is made after the following recipe: Four large potatoes cooked till very soft in these plants and to the "dishonorable prime minister" and to the "dishonorable prime minister" and to the "dishonorable prime minister". cooked till very soft in three pints ginald McKenns, home secretary, of water; mash potatoes; add one were left lying about on the premislarge tablespoon sait, half cup sugar, es. There was also a post card bear-

ow's house

Trial of the Leaders

London, May 14 -Striking evidence of the extensive operations of militant suffragettes and the bad effect on the women's cause of the outrages committed by them were given today on the resumption of hearing at the Bow street police court of the charges against the suffragette leaders. They are charged with infringement of the malicious damage

to property act. Those who occupied the prisoners' enclosure were Miss Harriet Rebecca Kerr, Miss Agnes Lake, Miss Rachel Barrett, Miss Beatrice Saunders, Miss Annie Kenney, Miss Laura Lennex and the chemist, Clayton.

The case against "General" Mrs. Flora Drummond was postponed until July owing to her illness.

Letter carriers and postoffice offi-

cials testified as to the great damage ers of Salt Lake City and other visit done to the mails by chemicals and ing camps. other fluids poured into the public let-Decrease in Circulation.

The former business manager of the Suffragette testified regarding the esponsibility of the various prisoners for the different departments of that newspaper. He said his services were dispensed with by the militant soci-

ety because Mrs Emmeline Pankhurst thought it better that only women should conduct the paper. As to the loss of circulation by the Suffragette after militant acts had been committed, the witness said that at first 30, 000 copies were printed but the sales were only 17,000. The circulation then dropped to 7,500 but 3,000 copies were circulated in other ways. Just fore last Christmas, he told A girl owes it to herself and to her friends to confide in them and at least efficacious in cases of severe Throat due to the letter box raids but she tion. She should be shoul their advice thoughtful considers and Lung Affections. Bronchitis, shrugged her shoulders and said that She should be skeptical about Bronchial Asthma, Stubborn Colds that could not be possible because they were most successful.

BOTH FEET CUT OFF BY WHEELS OF CAR

is, injured when run over by a freight car in the Denver & Rio Grande yard at 3:30 o'clock yester-day morning. Both of the "ictim's legs were severed at the ankle and his left knee badly crushed. He was taken to St. Mark's hospital and at. Lake City for May 13, 1913; tended by Dr. Warren Benjamin. an early hour this morning his conlition, which is very critical, was reported unchanged.

Mr. Cobbley has been a railroad operative for the past twenty-five years. For fifteen years he has been a syltch engine driver in the local yard of the D. & R. G. He is a mem-ber of the Brotherhood of Locomo-



police were notified and the injured man was taken to the hospital in the auto patrol.
Word was taken to Mrs. Cobbley

at the family home, 164 Meade street ard the family nome, let Meage street, and she went immediately to her husband's bedside. Mr. Cobbley has two grown daughters, Mrs. Beulah Holt and Miss Ella Cobbley, who reside with their parents,

GLAZIER APPOINTED

BANK COMMISSIONER
Sait Lake, May 14—C. Albert Glaier, for seven years state bank exminer, was appointed state bank aminer. aminer, was appointed state bank commissioner by Governor William Spry yesterday. Mr. Glazier's appointment is effective at once, the law passed by the last legislature creating the office of bank commissioner having become operative yesterday. At the same bour Mr. Glazier's and the same bour Mr. Glazier's applications. were found today in one of the pas He was out of the state's employ for running between Kingston or the state's employ for the state's employed At the same hour Mr Gla-

after he has organized the work of his new position. The examiner will be under the direction of the bank commissioner, as provided by law.

Mr. Glazier was appointed state bank examiner by Governor John C. Cutler in 1906. He was reappointed.

Nowadays skilled chemists do this and after another application or two hetter than ourselves. By asking at a restored to its natural color and looks even more beautiful and glossy product—called "Wyeth's Sage and than ever. A. R. McIntyre, Agent, Suphur Hair Remedy"—you will get a large bottle for about 50 cents.

Cutler in 1906. He was reappointed by Governor Spry and had held the office continuously.

WOODMEN OF OGDEN
GUESTS OF HONOR

Salt Lake, May 14 -- Members of Weber camp No. 74 of Ogden, Wood men of the World, were entertained by the Woodmen of the World of Salt Lake City in the Eagles hall last night-Degree teams of the three local camps met the visitors at the depot and escorted them to the hall, where they were warmly received, there be ing about 700 present at the recep

Henry Simmons of camp 335 intro duced Richard Beynon, consular com-mander of camp 53, who gave the address of welcome to which a response was made by D. D. Smith, consular commander of camp 74. Others who took part in the programme were Banker George Huss Captain Samuel Jost, Past Consular William Piggott, Advisory Lieutenant C. E. Ganske. Manager Matthew Galt and Past Con sular Commander Henry Silver-thorn of the visitors, and W. W. Cal-der, L. I. Few, Captain Headman, Carl Winnig, W. Perry, A. McKellar, Jr., Ben Rich, Chris Neilson and oth-

There was a representative attend ance at the meeting, visitors being present from as far away as Canada and Australia

BEGIN INSPECTION

OF BOARD'S BOOKS Salt Lake, May 14 -On the order of Governor Spry the state auditor yesterday began an inspection of the books and accounts of the board of examiners of barbers. the state The audit will be made as a part of the official investigation of the charges brought against the board by Barbers Protective association re-

These charges were to the effect that the board was spending money unlawfully and was keeping its accounts in such loose and imperfect condition that it was impossible to trace the expenditures. Charges of bribery and other forms of official misconduct were made also.

After the auditor has completed his inspection of the books the governor will then appoint a committee of three citizens to hear and pass on the charges and report to him. A conference with the governor, to be atthe accusers and the accused, will be held before the matter

WEATHER FORECAST

Salt Lake City-Fair Wednesday

Highest temperature today was 57 degrees; highest in this month since 1874 was 25 degrees; lowest last night was 44 degrees, lowest this month since 1874 was 25 degrees; mean tem perature for today was 50 degrees. normal was 57 degrees; accumulated excess since the first of the month

is 21 degrees; accumulated deficiency since January 1 is 120 degrees. Relative humidity at 6 a. m today

was 76 per cent; relative humidity at 6 p. m. today was 44 per cent.
Total precipitation for the twenty-four hours ending at 6 p. m. was 98 of an inch; total for this month to date is 10 of an inch; accumulated deficiency for this month to date is 80 of an inch; total precipitation since January I to date is 7.03 inches; accumulated deficiency since January 1 is 1.22 inches. Sun rises at 5:11 and sets at 7:38

WEATHER OBSERVATIONS.

6 p. m. High Low ...57 57 45 Sali Lake City Chevenne Denver Jacksonville Kansas City Los Angeles New York ... 40 Oklahoma Poratello St. Louis San Francisco Washington

GRAND LODGE **ELECTS OFFICERS**

Grand officers of the order of Knights Tempier were elected at the annual convocation in the Masonic temple of Salt Lake City yesterday morning, afternoon and night. The morning and afternoon sessions were chiefly devoted to discussion of maiters pertaining to the Denver con-ciave next August. It was decided that delegates would go by way of the Union Pacific with the option of re-

SAGE TEA BRINGS NATURAL COLOR TO GRAY, FADED HAIR

Mixed With Sulphur It Some druggists make their own but it's usually too sticky, so insist upon getting "Wyeth's" which can be depended upon to restore natural color and beauty to the hair and is the and Takes Off Dandruff

Almost every one knows that Sage phur" lecause no one can possibly Tea and Sulphur, properly compound-tell that you darkened your hair, as ed, brings back the natural color and it does it so naturally and evenly,

best remedy for dandruff, dry, feverinh, itchy scalp and to stop falling hair.

Folks like "Wyeth's Sage and Sullustre to the hair when faded says a well-known downtown drugstreaked or gray; also cures dandruff, gist. You dampen a sponge or soft
itching scalp and stops falling hair, brush and draw it through your hair.
Years ago the only way to get this
mixture was to make it at home,
which is mussy and troublesome.

This requires but a few moments, by
morning the gray hair disappears
Nowadays skilled chemists do this which is mussy and troublesome. morning the gray hair disappears
Nowadays skilled chemists do this and after another application or two

When Run Down

in physical condition it is usually because the action of the organs of digestion has become irregular or defective. Then there is need for a safe and speedy medicine to relieve the ills which occasionally depress even the brightest and strongest. The one remedy you may take and feel safe with is

The first dose gives speedy relief in sick-headache, biliousness, constipation, lack of appetite, heartburn, dyspepsia, and lasting improvement follows the timely use of this favorite and reliable home remedy. You will become healthier and stronger, and more cheerful if you let Beechain's Pills

Pick You Up

deputy grand commander; Charles F. Salt Lake, grand generalisgrand captain general; John A. Houghton, Salt Lake, grand senior warden; William F. Adams, Salt Lake, grand junior warden; Samuel Paul, Salt Lake, grand prelate; H. N. Mayo, Salt Lake, grand treasurer; William A. Raddon, Park City, grand record-er; Frederick C. Richmond, Salt Lake, grand standard bearer; William D. Richardson, Park City, grand sword

grand captain of the guard. The installation service was perjewel was presented to the retiring grand commander by Charles F. Jennings and Dr. Mayo made an eloquent, school grounds, and feeling response to the presenta-tion address. At the close of the ex-

sponses by grand officers elect. It was decided to hold the fifth annual John M. Forristall, Ogden, conclave at Park City on the second

> YALE'S "TAP DAY" SET FOR TOMORROW

New Haven, Conn. Hay 14 .- Yale's historical "tap day" exercises will be held on the campus tomorrow afterbearer: John S. Gordon, Ogden, grand noon but with probably less publicity warder; William J. Lynch, Salt Lake, than ever before. As a result of protest against the public selection of members of the senior secret soformed by H. N. Mayo, retiring grand clettes by tapping them, the fresh-commander, assisted by J. H. Epper-men and sophomores have voted not commander, assisted by J. H. Epper-son, past grand commander. The to attend the exercises and the members of the faculty have planned to hold their annual tea on the forestry mile from the campus, at the time.

ercises in the evening, a banquet was Steam railways in Tasmania are tendered by Utah commandery No. 1, owned and operated by the state.

COMMERCIAL NATIONAL BANK

TO SAFEGUARD YOUD FUNDS

while traveling and secure available cash at any point, our

TRAVELERS' CHECKS afford you the best medium.

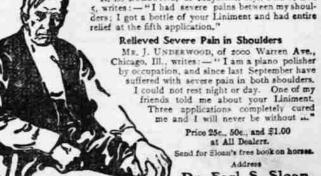
We have them for sale at reasonable cost.

Stops Backache

Sloan's Liniment is a splendid remedy for backache, stiff joints, rheumatism, neuralgia and sciatica. You don't need to rub it in-just laid on lightly it gives comfort and ease at once, Best for Pain and Stiffness

Mr. Gro. Buchanan, of Welch, Okla., writes:—"I have used your Liniment for the past ten years for pain in back and stiffness and find it the best Liniment I ever tried. I recommend it to anyone for pains of any kind."

muscles, and all affections of the throat and chest. Got Entire Relief



Price 25c., 50c., and \$1.00 at All Dealers. nd for Sloam's free book on horses.

R. D. BURGOVNE, of Maysville, Kr., RR. r. Box

Dr. Earl S. Sloan, Boston, Mass.